

MARY L. SINGLETON SENIOR CENTER

150 E. 1st St. ~ Jacksonville, FL 32206 ~ (904) 630-0995

Coordinator: Deborah Bell

OCTOBER 2017

Monday - Friday ~ 8 a.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ceramics Class 8 a.m. Walking Video 9 a.m. Beg. Computer Class 9:45 a.m. Art Class 10 a.m. Bible Study 10 a.m. Line Dancing 10 a.m. Choir Rehearsal 11 a.m. Line Dancing 12:30 p.m. Afternoon Movie 12:30 p.m. Bingo 1 p.m. Sewing Class 3 p.m.	Ceramics Class 8 a.m. Mayo Clinic 9 a.m. Walking Video 9 a.m. Spanish Class 9:30 a.m. Adv. Computers 9:45 a.m. Line Dancing 10 a.m. Chair Volleyball 12:30 p.m. Beg. Computers Class 1 p.m. Line Dancing 1 p.m. Drama Club 1:30 p.m.	Ceramics Class 8 a.m. Walking Video 9 a.m. Beg. Computer Class 9:45 a.m. Art Class 10 a.m. Bible Study 10 a.m. Line Dancing 10 a.m. Choir Rehearsal 11 a.m. Beg. Jewelry 12 p.m. Line Dancing 12:30 p.m. Afternoon Movie 12:30 p.m. Beg. Computers 1 p.m. Bingo 1 p.m. Sewing Class 3 p.m.	Ceramics Class 8 a.m. Breakfast 9 a.m. Mayo Clinic 9 a.m. Spanish Class 9:30 a.m. Adv. Computers 9:45 a.m. Crocheting Class 10 a.m. Line Dancing 10 a.m. Lifetree Café 12:45 a.m. Beg. Computers Class 1 p.m. Line Dancing 1 p.m. Drama Club 1:30 p.m. Bingo 2:30 p.m. Games & Dancing 5 p.m.	Ceramics Class 8 a.m. Chair Yoga Video 9 a.m. Water Aerobics @ Cecil Field 9:30 a.m. Walking Video 10 a.m. SWAGG w/ Cynthia 12:30 p.m. Bingo 1 p.m. Crocheting Class 1 p.m.
AVAILABLE DAILY Bingo, Billiards, & Card Games LUNCH 11:30 a.m.				
2 Diabetic Support Group 10 a.m.	3 Safe Harbor Restaurant in Mayport 11 a.m.	4 Thrift Store 10 a.m.	5	6 Chair Volleyball 10 a.m. Water Aerobics @ Cecil Field 10 a.m.
9 Site Council Meeting 10 a.m.	10 Sunshine Sick Committee Meeting 10 a.m. White Elephant Sale @ Jim Fortuna Center 10 a.m.	11 Ceramic Store in Mayport 10 a.m.	12 Sunshine Sick Committee Visitation 10 a.m.	13 Water Aerobics @ Cecil Field 10 a.m.
16 Diabetic Support Group 10 a.m.	17 Participants Meeting 11 a.m.	18 Ponce de Leon Mall in St. Augustine 10 a.m.	19 Family Foundations 10:30 a.m.	20 Senior Movie Day 10 a.m. "Madea Boo 2" @ Regency (see staff to reserve by 10/9/17) Harvey's Grocery Store 10:30 a.m.
23	24 Soul Food Bistro 10:30 a.m.	25 Fun Day 10 a.m.	26 Pink Pump & Blue Bow Tie Parade – Breast Cancer Awareness Rally @ Hemming Park 10:45 a.m.	27 Birthday Celebration 10 a.m.
30	31 Dollar Tree 10 a.m.		2017 Senior Games October 2 nd – October 14 th	